

**IN THE UNITED STATES PATENT AND TRADEMARK OFFICE**

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Serial No. : 09/982,757 Confirmation No.: 8438  
Filed : October 18, 2001

**ABSTRACT**

This invention relates to a ski binding or a snowboard binding having boot holder components on the front end or the toe end and on the rear end or the heel end. The invention includes a holding device which is arranged between the boot holder components and this holding device connects said boot holder components by means of connection elements. These connection elements have an adjusting device having an adjusting input which can be operated by a motor-driven tool, and the connection elements are adjustable against a self-locking effect, that is, adjustable to provide some resistance to further toe-to-heel movement of the connection elements once adjusted. The connection elements can be part of a threaded spindle. The boot holder components and holding device are secured displaceably on the ski or the snowboard in a fixed manner in the vertical direction with a form-fitting connection on a guide rail extending in the longitudinal direction of the ski or snowboard.